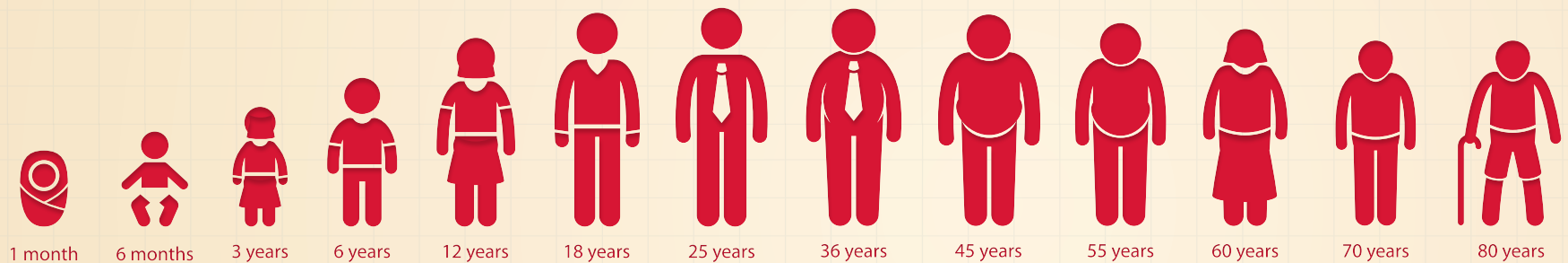


CAN WE LIVE LONGER?

Integrated Healthcare's Promise



SAMHSA-HRSA
Center for Integrated Health Solutions

**NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH**
MENTAL HEALTH FIRST AID
Healthy Minds. Strong Communities.

Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov 1-877-SAMHSA-7 (1-877-726-4727)

www.integration.samhsa.gov

The PROBLEM

People with mental illness die earlier than the general population and have more co-occurring health conditions.



68%

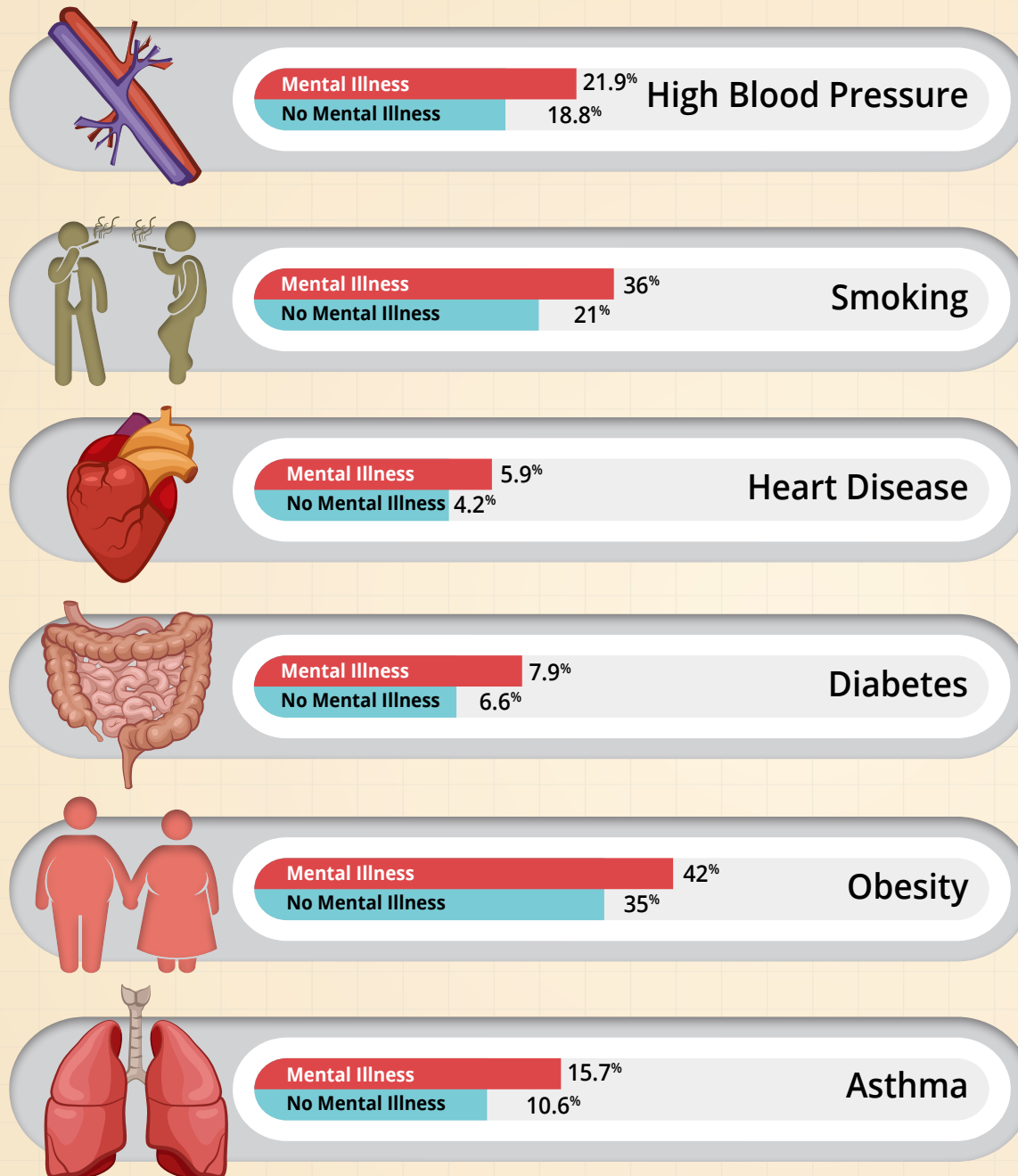
of adults with a mental illness have one or more chronic physical conditions

more than

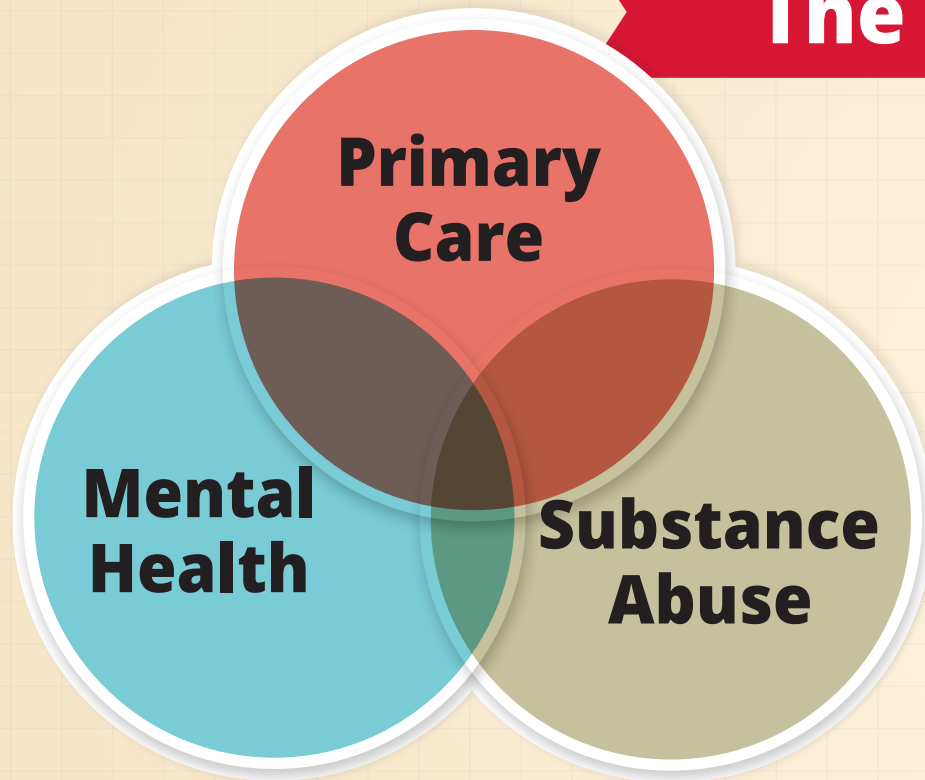
1 in 5

adults with mental illness have a co-occurring substance use disorder

Co-occurrence between mental illness and other chronic health conditions:



The SOLUTION

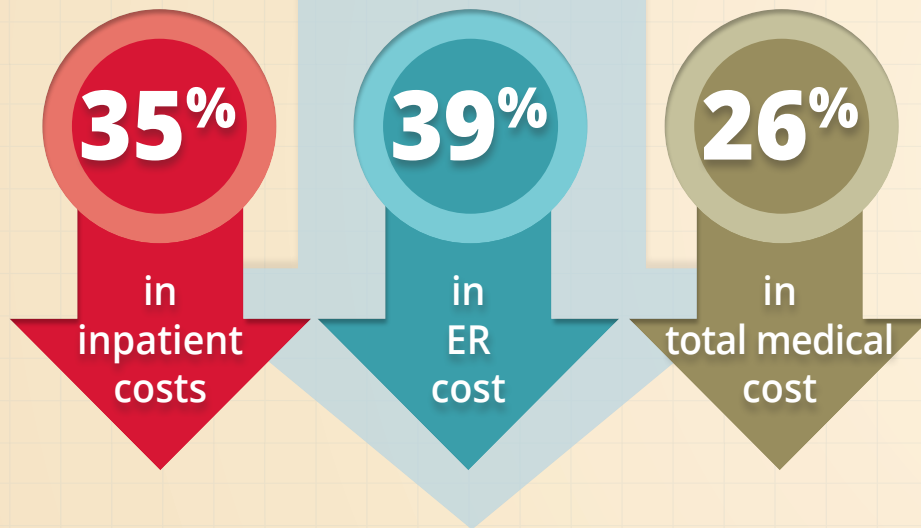


The solution lies in integrated care – the coordination of mental health, substance abuse, and primary care services.

Integrated care produces the best outcomes and is the most effective approach to caring for people with complex healthcare needs.

INTEGRATION WORKS

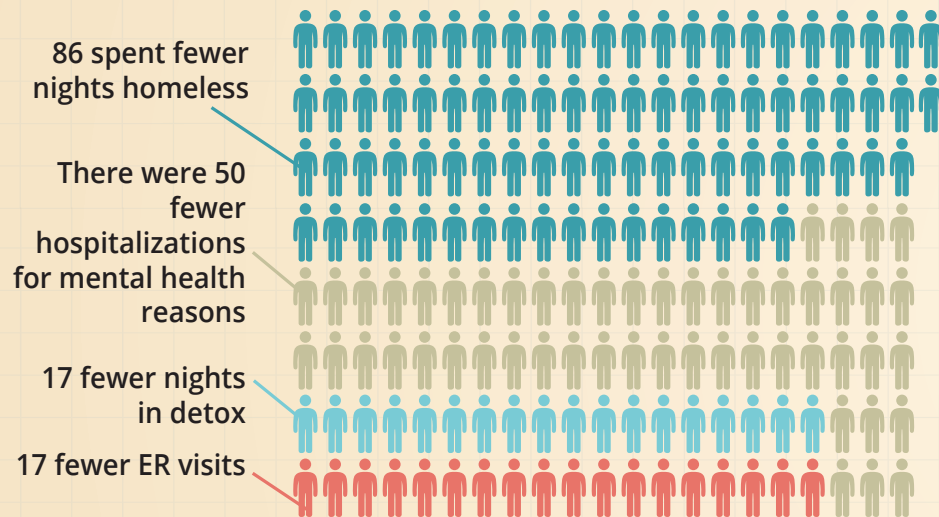
Community-based addiction treatment can lead to...



Reduce Risk → Reduce Heart Disease
(for people with mental illnesses)

Maintenance of ideal body weight (BMI = 18.5 – 25)	=	35%-55% decrease in risk of cardiovascular disease
Maintenance of active lifestyle (~30 min walk daily)	=	35%-55% decrease in risk of cardiovascular disease
Quit Smoking	=	50% decrease in risk of cardiovascular disease

One integration program* enrolled 170 people with mental illness. After one year in the program, in one month:



This is **\$213,000**
of savings per month.

That's **\$2,500,000**
in savings over the year.

**Integration works.
It improves lives.
It saves lives.
And it reduces healthcare costs.**

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1 in **5**
Who Do You Know?

**PEOPLE HAVE A
MENTAL ILLNESS
OR ADDICTION**

Sources

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* A grantee of the Substance Abuse and Mental Health Services Administration's Primary and Behavioral Health Care Integration program.